

THE INNIS HERALD

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What’s Happening to Your Student Fees This Year?

Tony Niu
INNIS LIFE

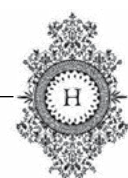
Since COVID-19 has made it impossible for student governments to host any in-person events, many of you may be wondering: “Where are my student fees going this year?”. As the Vice-President Finance of the Innis College Student Society, I will offer an accurate and detailed breakdown of the student fees that you are paying.

In this article, I will discuss the student fees collected by the Innis College Student Society (ICSS) and the Innis Residence Council (IRC). I have also had the pleasure of interviewing the Vice-President Finance of the IRC, Emil Stoykov, and the Editor-in-Chief of the Innis Herald, Anna Pan, regarding their thoughts and plans for this year.

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Traditionally, the fees collected by the ICSS are made up of three different parts: the general student fees paid to the ICSS and its clubs (\$27.03), the World University Service of Canada (WUSC) Student Refugee Program (\$7), and the Innis College Building Expansion (\$5), adding up to a total of \$39.03 per semester.

Back in March, campus was shut down due to COVID-19. Halfway through the summer semester, all student governments were asked to consider reducing their student fees for the upcoming 2020–2021 school year. Given the decent amount of saving we had from previous years, the executive team of the ICSS made a decision to reduce our Fall Semester fees by 50%. Of the three aforementioned fee components, we could only reduce the fees charged for the ICSS and its clubs (\$27.03) as the executive team. Therefore, after a 50% reduction of the Fall Semester general ICSS and clubs fees, each student paid a total fee of \$25.51 for the Fall Semester.

In preparing for the October hard budget meeting, we asked all directors and representatives to plan alternative virtual events for both semesters. This shift resulted in a significant decrease in our budget compared to previous years when we could host in-person events. After careful consideration and deliberation with the members of the ICSS, we decided to reduce our Winter Semester fees by 75%, which means that each student will be charged a total of \$18.76 for the Winter Semester. In sum, this adds up to \$57.79 per student for the entire 2020–2021 school year.

In addition to the ICSS fees, I have also interviewed the Vice President Finance of the IRC, **Emil Stoynov**, regarding the student fees collected by the IRC.



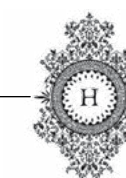
IRC Vice President Finance, Emil Stoynov

Tony Niu: Could you please give me an overview of the IRC fees before the pandemic (i.e. the 2019 - 2020 fiscal year), as well as an overview of the IRC fees this fiscal year? What is the percentage of the fee reduction, if it's reduced this year?

Emil Stoynov: The IRC charges each resident \$30.57 per semester. The pandemic did not change this number. Since our income is based on the number of people living in residence, and we are at less than half occupancy this year compared to normal years, our income is significantly less this year relative to past years.

Tony Niu: What challenges did the IRC executive team face when much fewer students are living in residence this year compared to previous years? What are some of the strategies the IRC implemented this year to reflect this change? (i.e. events, services, etc.)

Emil Stoynov: Due to the pandemic, we have decided to move our events entirely online for the school year with concern for everyone's safety being our number one priority. Because everything is online this year, our costs ... *continued on next page*



Innis Herald Editor-in-Chief, Anna Pan



of operation are actually less than what they would be if we were operating in person like in previous years. Unfortunately, with fewer students living in residence this year compared to previous years, the IRC has that much fewer people to reach out to. But on the upside, with fewer people, the community at the Innis residence has become that much more close-knit. Our events being online this year isn't necessarily a bad thing, however. Most online events this year will be more accessible to the residents of Innis as they will not be obliged to stay for the entire event and can stay for however long they want! To make our events even more accessible, the IRC has decided to advertise their events on the Innis college discord server! If you're at Innis College, I highly recommend joining the server! Residents will get pinged each time an event is about to start in case they weren't informed of it happening so they can always drop in if they want to!

As mentioned above, the fee reduction also affects the clubs under the ICSS, which includes clubs such as the Innis Herald and the Cinema Studies Student Union (CINSSU). Therefore, I decided to interview one of my friends, **Anna Pan**, who is the Editor-in-Chief of the Innis Herald, on her plans for the Innis Herald this year.

Tony Niu: Due to COVID-19 restrictions and online classes this year, the ICSS has decided to decrease student fees for both semesters. As the Editor-in-Chief of the Innis Herald, what challenges did you and your team face, and what strategies/approaches have you and your team implemented in order to work with smaller funds this year?

Anna Pan: The Innis Herald prides itself on its history, within which printed distribution has always played a central role. For example, we have a tradition of reviewing the physical archives at the end of each year to celebrate adding our newest issues to the annals. With COVID-19 and all the fee cuts, it became apparent that printing was no longer a viable option. We had to pivot completely online in order to better reach our audience and cut printing costs, which were the bulk of our budget.

Tony Niu: Could you discuss the advantages and disadvantages of publishing issues completely online compared to both online and distributing physical copies in previous years? If school goes back to normal in the future, would you consider distributing physical copies again? Why or why not?

Anna Pan: The online medium definitely lends itself to faster and broader distribution. Through our social media, we can easily share past and current articles to a much wider audience than before. Beyond sharing articles, we can grow our audience base and receive feedback on our content via social media engagement. Moreover, without the restriction of printing costs, we can now design more visually stimulating issues. Not to mention, complete digital

publishing is also more environmentally friendly. The downside is of course the loss of tradition, which is something that deeply saddens me. In the future, I think The Innis Herald will continue along the fully virtual trajectory, but perhaps we will print a few issues each year for archival purposes to keep traditions alive.

Despite all the hardships student governments and clubs had to work through this year—and that includes all the difficulties that come with virtual programming in addition to the limitation of reduced funds—all the student leaders are making huge efforts to engage with the community. Whether it is through an online cooking contest (IN the Kitchen Cook-Off!), E-Sport tournaments (Innis Esports World Cup), sustainability awareness discussions (Innis Green Talks), or career-centric workshops (Innis Grads go to CLNx: CV and Personal Statement Camp), these refreshing new ideas are the reasons why YOU should consider participating and getting involved wherever you are. You can find out more about our programming on our social media platforms (Facebook: [Innis College Student Society - ICSS](#), Instagram: [@innisicss](#)). We hope to see more Innisians at our future events! ♦



Tony Niu

Tony is a fourth year international student from China double majoring in Mathematics and Computational Cognition with a minor in Statistical Sciences. This is his third year on the ICSS, and he previously served as International Representative and Social Director. He is also one of the Co-Directors of the Innis College Choir and the treasurer of the Hart House Music Committee. He has also worked part-time at the Innis College IT Helpdesk for the past two years. He loves watching The Office, Modern Family and Friends, and he loves to sing!

"I'd rather be in school!"

Aria Panchal

STUDENT LIFE

During the onset of the COVID-19 pandemic, we had to stuff our entire world into our homes. We hurriedly wrapped up our memories of freedom and squished them into the "when this is all over" box that has been sitting idle on our shelves since March. Saturday Night Out became Games Night In, brunches became Netflix marathons, and chilling with friends became hour-long video calls. The most significant change for students, however, has been the switch from in-person to online school. No longer can we giggle with the person next to us about the professor's mispronunciations or have group study sessions in the library surrounded by the smell of books. There are a million things that we were robbed of this past year, but focusing on the negatives will only upset us more.

When your home becomes your school, gym, restaurant, library, and theatre all in one:



Having rewatched and reread the entire Harry Potter series during the lockdown, it is not surprising that Dumbledore's words from The Prisoner of Azkaban come to mind: "Happiness can be found in the darkest of times, if one only remembers to turn on the light."

The reality is that no one knows when or if the world will ever go back to normal. Students — especially at U of T — know that we cannot waste time complaining about going back to normal. This is the new normal. And here's how to embrace it.

1. Divide your time to multiply your productivity

Since we're at home (or in our dorms), travel time has reduced and socializing has taken a backseat. This leaves us with more free time on our hands to get work done, but assignments that would take an hour often extend to fill the entire day simply because "We have all day, we'll do it later!" And so, "Only 5 minutes more!" on

Instagram, TikTok, and Netflix leave us stressed 5 hours later, rushing to complete assignments just minutes before the deadline.

I find that dividing my day into time slots works wonders. Working for shorter periods of time (with scheduled breaks, of course) feels less taxing than hour-long study sessions which result in even longer naps. On a random Tuesday, for instance, my schedule would look like this:

It's completely normal to get distracted, so I'd recommend leaving some extra time in case the assignments take longer than expected. Remember to schedule your hobbies and me-time; even if U of T doesn't, you should prioritize your mental health!

2. Are you a science night owl but a math nerd early bird? Let's find out!

We know that some of us work more efficiently in the morning while others late at night. What most people don't know is that we have varying productivity during different times of the day during specific tasks. I learned this from a podcast, *On Purpose* by Jay Shetty, who discusses Daniel Pink's book *When: The Scientific Secrets of Perfect Timing* to help us create a schedule that optimizes productivity, leisure, health and me-time (yes, U of T students, it's possible!). As someone who is both a math and English person, I find that my brain functions more logically in the morning, and hence, I schedule homework that requires rational thought (such as math, chemistry, physics) at the start of my day. I also noticed that my random outbursts of inspiration occur during the afternoon, which is when I am most creative, so I assign a few hours after lunch to work on essays for literature or philosophy classes.

You know how sometimes a deadline for a huge essay looms, but you simply don't



feel like writing at that time? Pay attention to what your mind and body tell you, and plan your schedule accordingly.

3. Separate your study space from your space of leisure

Has someone ever told you not to study on your bed or to move from the couch and sit upright at the table instead? It's not that they don't want you to be comfortable; they just want you to be efficient. Research shows that our brain correlates the spaces around us with the habits we practice within those spaces. A bed, for example, is where you practice the habit of sleeping. If you choose to study on your bed, your brain is tricked into believing that it's time for a nap, and so, you are more likely to doze off (don't worry, I'm guilty of this too!). To counter this effect, it is important to conduct different practices in different spaces of your home. Study at your dining table, perhaps, and watch lectures at your desk. Remember, categorizing your spaces will not only improve your productivity but will also contribute to regularised sleep patterns. While some of us are lucky enough to have our own space, others share their rooms. For those of you who occupy common spaces, I would recommend establishing a schedule that suits all the members of that space. ♦

I Reviewed the Internet's Best Study Apps, So You Don't Have To

Angelina Zahajko

STUDENT LIFE

As I progress further into my university career, I have come to realize that there is an overwhelming number of organizational apps out there. However, thanks to some fellow Innisians, I have compiled a list of Innis College's favourites and given them my full, unbiased review to help find the one that works best for you!



Photo credits: Quizlet

QUIZLET

I have been using *Quizlet* for years, and I can wholeheartedly say that this is one of the best studying apps on the market — particularly if you are in classes that are memorization-intensive. This app extends past your classic two-sided flashcards and implements several tools like the "Learn" or "Practice Test" functions that allow you to examine your course material from every angle. The only downside is that it is riddled with advertisements. Nonetheless, if you are okay with clicking "Skip Ad" every twenty flashcards, you have a solid study buddy on your hands.

ANKI

Anki came highly recommended from our student body and it is easy to see why. *Anki* is a free app that allows you to fully customize your flashcards like you would by hand but without the environmental waste. The software is initially not the most user friendly, but after a few YouTube videos, you should be able to wrap your mind around the platform. This app is a great alternative to other flashcard apps on the market, and its customizable features make it very attractive for students of all academic backgrounds.

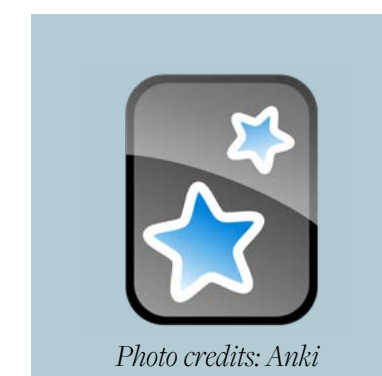


Photo credits: Anki

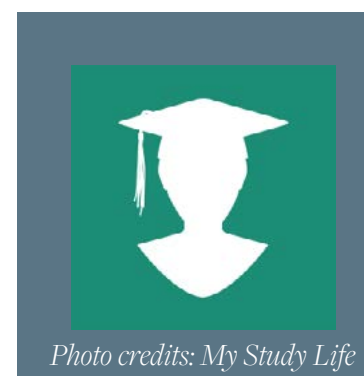


Photo credits: My Study Life

MY STUDY LIFE

My Study Life has been a dark horse throughout this testing process; in my opinion, this free desktop app is an apt substitute for even the most bujo-crazed stationery fanatics. With the ability to input your classes directly from your school calendar, colour code your tasks by class and importance, while also implementing sliders that track each task through every stage of its completion, this app is perfect for the student who needs their school life laid out in front of them. It's near impossible to procrastinate a project with this tech at your fingertips!

FOREST

When I polled the masses, I got many requests to review *Forest*: a mobile app that has risen to popularity for its innovative premise and animal crossing aesthetic. Its strategy is simple: you use the app to focus on a task, thereby planting a seed; the longer you spend on a task, the larger your forest can grow. I will admit, the innovation is amazing — you almost feel as if you're letting down your plant family if you get lazy. However, considering *Forest* is a paid app (\$2.79 on the App Store), I do believe that there are hundreds of free, albeit less pretty, apps on the market that can deliver the exact same results.



Photo credits: Forest

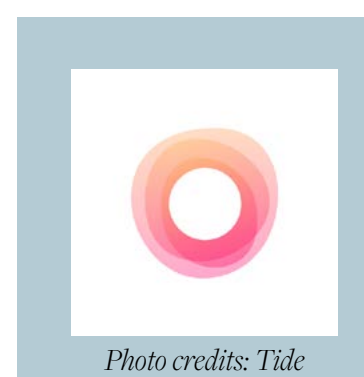
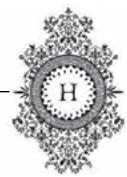


Photo credits: Tide

TIDE

Throughout this experiment, I have found my fair share of exceptional apps to add to my study arsenal. However, no app surpasses the success I found with *Tide*. *Tide* brings its user all the serenity of a Nordic spa within the confines of your phone screen; whether you are looking for guided Pomodoro focus sessions or exercises to help you sleep or meditate, *Tide* has features for stressed out students and habitual nappers alike. The best part lies within their music library; their hundreds of instrumental tracks and nature sounds act as brain food to fuel the perfect study session. Since I have discovered it, not only have my study sessions been more productive, but I have also found a new tool that helps me unwind after a long day of stress — something that is inevitable come finals week. ♦



Coping with Covid: The Sex-Work Industry

Samiha Sanjida

PRE-EXISTING SOCIAL CONDITIONS

Sex-work in Canada was challenging enough before 2020, but with the current pandemic, sex-workers have had to adapt massively. With the lockdown, millions of sex-workers have lost their jobs. Outdoor sex-workers, in particular, have been impacted heavily.

In late 2014, Bill C-36 was passed by the Conservative government to amend consensual prostitution activities between

adults. The law officially criminalized the act of purchasing sexual services and advertising sexual

services. With sex-work no longer recognized as valid paid work, labour standards and protocols received by other industry workers are not available to Canada's sex-workers. Employment Insurance, CERB, and other health benefits became more necessary than ever.

Melody Merlot, a Canadian sex-worker, spoke to CBC about discontinuing work in February before the lockdown. Due to the steep loss of income, she has had to turn to the Canada Emergency Response Benefit to survive. There is a common misconception that Canadian sex-workers should not file for tax on their income due to legality issues with the industry. While their fear of arrest and other retribution is understandable, many sex-workers are realizing that the funds take precedent. It is that or keep working amidst a pandemic.

For those who don't have bank accounts, the latter is the only option.

With physical distancing as a key public health measure, sex-workers are anxious about continuing work. However, B.C.'s Centre for Disease Control has created guidelines to help people practice safe sex during the pandemic. B.C. CDC suggested on its website: "Use barriers, like walls (e.g., gloryholes), that allow for sexual contact but prevent close face-to-face contact." Gloryholes are normally used for anonymous sex, but they work just as well for limiting physical contact. Most strip clubs and parlours have also closed, so it is up to the individual to make their own money.

So, how are they doing that?

With the inability to physically interact with customers, 2020 has seen a rise in the use of OnlyFans, an online site where users can post content for subscription monetary tips. While the site can be used to post any content, like photography, writing, or other creative content, it has become a widely used platform for online sex-workers. 450,000 content creators are now able to upload their pictures and videos behind a paywall, with 30 million registered users able to access the content for a monthly fee and pay-per-view tips. Site policies, like the need for government-issued ID when joining and screenshot restrictions to avoid reposting, are extremely helpful to ensure that sex-workers get money from everyone viewing their

content. Creators keep 80 percent of the money they make on the site with a minimum subscription price of \$4.99 per month and a maximum subscription price of \$49.99 a month. Tips and paid private messages start at a minimum of \$5. This not only boosts earnings but also helps creators engage with their fans.

Monica Hultdt (also known as Swedish Bella) is one of the top-earning creators on OnlyFans. Because her monthly subscription price is set at \$6.50 a month, she makes most of her money through commission fees. Business Insider claims that Hultdt makes over \$100,000 a year on OnlyFans. Despite how easy it may sound, Hultdt explains that she works seven days a week to maintain her level of earnings on OnlyFans. She advises that OnlyFans is not a site for part-time workers, but for those who are willing to constantly work if they want to make enough money to support themselves. Many other online sex-workers echo this statement, citing how difficult it is to make money on this platform without a large following which can only be built up with months of consistent content. Sex-workers on OnlyFans work tirelessly in an increasingly competitive and demanding field as more and more influencers join

the site, building up networks and followings when they cannot continue their work as usual.

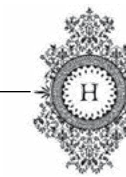
To help struggling sex-workers, consider donating to Maggie's Toronto Sex Worker's Action Project.

Founded in 1986, Maggie's is

one of Canada's oldest sex-worker support organizations, made by and for sex-workers. The organization works to challenge harmful laws and police violence, as well as providing sex-workers with safe community spaces to network and connect. Maggie's is involved in local advocacy for Toronto's anti-poverty organizing, racial justice work, LGBTQ+ liberation work, and more. They fight for the decriminalization of sex-work in Canada, which routinely harms workers and clients alike.

Sex-work is one of many professions affected heavily by the pandemic, but they are also one of the few professions with next to no help from the government. You don't need to be a sex-worker to support sex-workers — they're people, too.

Remember, there's nothing wrong with consuming explicit content. Just be respectful of your content creators, and always pay for your porn. ♦



Our Only Wish Is Melodrama:

Why Lorde's Sophomore Album Is the Quintessential Coming-of-Age Record

Jaclyn Pahl

REVIEW

Morning light creeps in through a cracked window. A dark-haired woman lies semi-conscious under white bedsheets. She looks toward you stormily. The party is over. Friends have gone home. A new day is dawning.

This is the sophomore record of Ella Yelich-O'Connor — better known as Lorde. Melodrama tells the story of an exuberant house-party and overlays this with the emotional highs and lows of a breakup. From the feverish highs of "Sober" and "Homemade Dynamite" to the grievous comedowns of "Liability" and "Sober II (Melodrama)," the album is imbued with sadness, loneliness, confusion, and heartbreak. As fans of the album know, locked behind the distorted synthesizers are visceral fragments of memory that pledge the importance of youth and the power of emotion. Vulnerable, brazen, and, at times, opaque, Melodrama captures the fragility and intensity of young romance with rare clarity.

"I do my makeup in somebody else's car," she begins, and the album opens into a night brimming with expectation. The album's first track and lead single, "Green Light," deals with the longing to move on after a breakup. The desire to move beyond our internal selves and into the world afresh is a feeling our generation can relate to with particular vehemence. Especially as we are forced into solitary introspection, "Green Light" encapsulates our yearning for activity, while acknowledging how our pasts can complicate this desire. We search for a moment of blissful anesthesia, where our pasts desert us, and we can feel the joy of the weightless future.

"The Louvre" is a lush track that captures what it's like to get

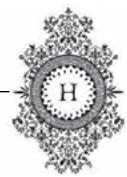
lost in a new relationship. Suddenly, if only for a fleeting moment, you feel as though you're part of something bigger than yourself. Best of all, you can forget your existential dread with the balm of canonization, because, you state assuredly, "They'll hang us in the Louvre / Down the back, but who cares, still the Louvre."

On "Liability," notes of muted piano puncture the otherwise still track, sonically capturing the quietness that comes in the wake of a lover's departure. The track focuses on the feeling of being too much for someone, being too wild, and ending up feeling alone and used. The question of how to relate to others, and the extent to which others truly care, plagues our generation with particular fervour, especially as we learn new ways to form relationships from cities or even countries, apart. We worry endlessly that we'll pull ourselves from our isolation only for our faults, our liabilities, to catch up with us, and leave us more confused and alone than before.

This personal reckoning gets pushed further on the song's twin, "Liability (Reprise)," ten songs down the tracklist. The reprise is a deeper and murkier rumination on the same question of identity. The gospel influences on the track suggest that this is a spiritual question. Lorde talks about the dreams of youth that "get harder" as time goes on, and concedes, that sometimes "you're not what you thought you were." As with the bulk of Lorde's discography, the playful transmutes into the bloody: "Maybe all this is the party / Maybe we just do it violently."

The violence takes a place in the quotidian in Lorde's universe. In "Homemade Dynamite," she imagines a car crash that occurs while she and a group of friends attempt to drive while drunk. "We'll end up painted on the road / Red and chrome / All the broken glass sparkling," she sings, before adding cavalierly: "I guess we're partying." Casual violence on Lorde's album renders a world where death is never far away. This is not depicted as frightening but merely as a fact of the landscape. When mortality is an insouciant matter, the stakes of the world are very high. The party is a matter of life and death. This night, this drink, this lover, all take on a grander theatrical quality. This is melodrama, after all.

Artworks like Melodrama don't merely encapsulate what it's like to be nineteen and "on fire" in our generation. Instead, they go on to shape and inform the attitudes of the very culture they sought to capture. This is to say that years from now, when we're much older, when our own children are beginning to wonder about love and heartbreak, Melodrama will still linger on the fringes of our minds, like it once clung like smoke to our dorm room walls. ♦



Shows To Binge-Watch This Month

Drew-Anne Glennie
REVIEW

Winter break, or probably more accurately in this context, exam season, is fast approaching. This means that we are all going to need a lengthy Netflix queue to get us through both procrastinating, studying, and the now-extended time with our families. Never fear; I have you covered! Here is the list of TV shows you need to binge-watch this season.

Arrested Development

Arrested Development, an early 2000's sitcom, is probably the funniest show of all time, despite getting cancelled after only three seasons. It stars a cast of now A-List actors as a rich and clueless family in the aftermath of their father's arrest for corruption and fraud. I have heard it described as a "Rube Goldberg Machine" of comedy, and I honestly cannot think of a better way of putting it; every joke builds off the last, and its reveals make it so that when re-watching, you will be able to catch jokes that you did not notice before.

A Series of Unfortunate Events

I have two things to confess: I have never read the A Series of Unfortunate Events books growing up, and I really do not like Neil Patrick Harris. Yet, I adore this show. It follows the Baudelaire orphans as they are being chased from guardian to guardian by the evil Count Olaf after the mysterious death of their parents, spiralling deeper and deeper into the mystery of their parents' associations. All three seasons have now been released, making it perfect to binge right now.

Avatar: The Last Airbender

No binge list would be complete without this masterpiece. There are no bad episodes of this animated classic, which tells the story of a young boy, who must master all four elements, and his friends as they take on the imperial Fire Nation. I promise its hype is not just childhood nostalgia. I watched the show for the first time when I was eighteen, and it still went above and beyond my expectations.

Community

Community is another comedy favourite that was underrated when it was airing. It follows seven eccentric members of a study group as they go through their days at their wacky community college. Both the cast and writing are brilliant, the characters and their relationships with one another feel so real, and there are a few concept episodes each season that is unlike anything else on TV.

Derry Girls

One of the biggest ways that this pandemic has impacted me is that the production of season 3 of Derry Girls has been postponed indefinitely. I am hyperbolizing, of course, but it still stings. Derry Girls is a comedy that centres around four Northern Irish girls and their English companion while living through the tail end of the Troubles — the Northern Ireland conflict during the late 20th century. Every moment is hilarious, but there are a few heartfelt moments snuck in there as well. There are only twelve episodes spanning two seasons, each less than thirty minutes, so it is a little easier to watch them all in a single day.

Julie and the Phantoms

Julie and the Phantoms, from the mind of the man who defined our childhoods with the High School Musical franchise, is technically a kids' show. It tells the story of Julie, a human, and her band, all

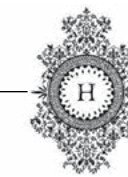
of who are ghosts, as they attempt to achieve success in the music industry. Granted, it has many childish elements because of its target audience. However, it also has a soundtrack that is wall-to-wall bangers, a great cast, by the way, and low-key one of the most feminist protagonists I have seen in media.

Smallville

Was this campy, early 2000's CW superhero show one of the driving forces behind my interest in journalism? I plead the fifth. Smallville tells the story of a young Clark Kent growing up in the titular town, balancing his teenage drama alongside learning how to be Superman. The show also makes the best use of its time periods' iconic songs that I have ever seen (Mad World by Gary Jules, anyone?). There are ten seasons, some better than others, but by the end, you cannot help but love it.

The Haunting of Hill House

Watching The Haunting of Bly Manor this autumn made me remember how phenomenal its predecessor was. The Haunting of Hill House tells the tale of the Crain family, switching between the present-day and the tragic summer of their childhood that they spent living in the titular house. As a certified horror-hater, I was nervous to watch the show, but the occasional jump scare is well worth it for amazing plot twists, touching family dynamics, and insightful monologues. ♦



bingeable. With this one, the best place to start is season one, episode one. Once you start, you won't be able to stop.

The Faculty of Horror

Life-long horror fan? New to the genre and have no idea where to start? This podcast is exactly what you need. Co-hosts Andrea Subissati and Alexandra West methodically delve into one to two horror movies a month, making you see new or classic horror films in an entirely new way. With their smart analysis, interesting research, and general witty banter, it is a show everyone will like. To get a taste, I'd recommend either their episode on Gremlins or The Exorcist.

David Tennant Does a Podcast With...

This podcast is just lovely. Each episode, actor and host David Tennant invites a guest on for an hour-long conversation to talk about their career and just life in general. It's funny, casual, and great to have on in the background while out for a walk or making dinner. An overall great comfort podcast. I'd recommend starting with his episode with Olivia Coleman or Dan Levy, if you're curious.

The Alarmist

Have you ever wondered who is to blame for history's biggest tragedies? In each episode, host Rebecca Delgado-Smith and guest dissect facts and investigate historical contexts to uncover who we ought to blame for all things horrible. You'll get a lot of facts and a lot of jokes, and, during this time of perpetual uncertainty and crisis, it feels good to be able to blame someone for something. I'd suggest starting with the "TRIANGLE SHIRTWAIST FIRE: WHO IS TO BLAME?" — there are definitely plenty of people to blame there.

You Must Remember This

If you're at all interested in Hollywood cinema, this is the show for you. This podcast is dedicated to exploring the secrets and stories of 20th century Hollywood. Led by Karina Longworth, the show navigates mythology and contradictions to uncover the stories behind the stories we love. If you're interested, a great entry point is her 12-part series on the Manson family, which explains just how intertwined the case was with Hollywood life, or her most recent season on Polly Platt, the woman behind some of the most well known films of the 1970s, 1980s, and 1990s. ♦

Podcast Recommendations

Innes Seggie
REVIEW

Listen Up!

When I was a kid, adults always told me that if I watched too much TV, my eyes would turn square. Those adults clearly never foresaw having to do online school during a pandemic. Between classes, readings, and assignments, we are spending all day every day staring at our screens. Heading into the busiest time of the semester, I can feel my eyes screaming at me to take a break simply for the sake of preserving my vision. With so many of us still living in lockdown however, it often feels like straining my eyes watching or reading something are my only choices for a break.



Those adults clearly never foresaw having to do online school during a pandemic.

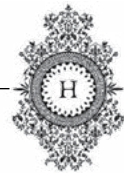
Enter podcasts.

I've always loved listening to podcasts, but this semester they've become indispensable. Listening to them after a long day of work is a great way to unwind without having to put my eyes through even more screen time. So, I've compiled a list of amazing, binge-worthy podcasts to listen to while giving your tired eyes a break.

Serial

If you're at all familiar with podcasts or true crime in general, this one has probably been recommended to you a million times already — but for good reason. Hosted by investigative-journalist Sarah Koenig, Serial methodically goes into the details of a different criminal case each season. Championed as the gold-standard of long-form, first person podcasting, this show is 100% fascinating and





A Voice Among the Masses

Jessica Khorana
ARTS AND CULTURE

Names and details have been changed due to privacy concerns

I've always thought that I knew exactly who I was, what category I fit into, my place among the other seven billion people in the world. I was Jessica, the perfect daughter. The student who always tried her hardest and got good grades. The sensible friend who avoided risks and planned out every action ahead of time. I was going to take over the family business like my parents wanted, marry a man of their choosing, and have children because that was what was expected of me. My entire life was planned out for me, until I chose to diverge from the path; until I met a girl who made me question everything that I thought I was, everything that had been ingrained in my head since the day I was born; until I met a girl who showed me who I truly was, and how to fall in love.

The first time I saw her, no sparks or romantic music was playing in the background. We were barely friends, merely classmates, both trying to adapt to the vicious jungle of high school. Then one day, our teacher assigned us seats next to each other. Our friendship grew slowly over time; I learned that her name was Margo, that she was from France, and that she had been drawing cartoons of the teacher for the past hour. I told her that my name was Jessica, that I enjoyed reading, and that I had to take this class because my parents wanted me to. She was aghast at my complete compliance.

"What do you want to do? Not what your parents want you to do. Tell me what you want to do," she had emphasized. So, I told her that while I didn't mind taking over the family business as my parents wanted, my first and foremost passion was writing. I told her that writing was an escape and a way for me to create a place where I could truly be myself, not someone others wanted me to be. She had smiled brightly and told me, "That is the person I want to know. That is the person I want to become friends with."

Everytime I found out something new about her, it made me become more and more fascinated with her. At school, we would spend our time exchanging drawings and poems. When we weren't at school, we would stay up all night, talking about anything and everything. I had never become as close to someone as I had with Margo. We were more alike than I had originally thought, but it was our differences that I cherished. I admired her boldness where I was passive and her confidence where I was shy. Soon, I found myself thinking about her all the time — her name always found its way into every conversation, and I couldn't help but love every little thing that she did. At one point, my friends jokingly asked me if I had a crush on her; and it was that question that spiked fear in my heart.

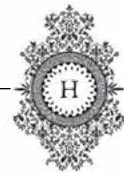
I had never felt any romantic inclinations towards a girl before — my only experience in romance consisted solely of various meaningless crushes on boys who didn't even realize that I existed and romantic comedies from the '90s. I was aware of the LGBTQ+ community at the time, but my knowledge was limited. For weeks on end, I would stay up at night, unable to sleep because my mind would be racing at warp speed, attempting to discern what my friends could possibly mean by that comment. I told myself that I couldn't be gay. I had never actively checked out women before. Sure, I would think to myself, "Wow, that girl's pretty," or, "How does she get her skin to glow like that?" but I never held any romantic intention behind those comments. At least, I never thought I did. Besides, I had only ever

been attracted to men. I had actively imagined my fake wedding to several men, including Patrick Dempsey. Never in my life though did I picture the priest saying, "I now pronounce you wife and wife." Amid my crisis, I avoided Margo like the plague. What would I even say to her? There was no possible scenario that resulted in a happy ending for any of us. Then one day, when I was in the bathroom trying to fix my exhausted appearance before my next class, a girl approached me. I found it odd how she was standing so close to me, making small talk for no apparent reason. I assumed she was just trying to be polite until she asked me to grab a cup of coffee with her sometime. I froze for several seconds as realization struck me — *this woman was flirting with me!* Even more surprisingly, I enjoyed it. I was flattered by her advances and found her to be a very sweet person. Nevertheless, I turned her down — I didn't want to lead her on when I was still struggling to figure out where I belonged.

Despite everything, that encounter was able to push me to realize that I *did* find myself attracted to girls. Maybe it was only two so far, but identifying as straight didn't necessarily mean that I was attracted to all boys either. However, only part of my struggle was resolved because I still couldn't understand what I identified as. Putting myself in a category gave me an odd sense of security, instead of remaining undefined and confused. After a bit of research, I finally found a term that I could identify with: *bisexual — being romantically or sexually attracted not exclusively to people of one particular gender.*

Regardless of my newfound resolve, I still couldn't face Margo. I knew she would support me no matter my sexual orientation, but how was I supposed to tell her that she was the cause of my sudden awakening? I appreciated how she indirectly helped me realize parts of myself that I never even knew existed, but I loathed the thought of having to explain to my parents how I would not be following their plan for my future. While they never necessarily told me what not to become, they were dead set on me following this path they had laid out for me whether I wanted it or not. I assumed that while it may take them a while to adjust, they would eventually accept me.

Despite this, I didn't feel ready to share this with them — it



was as if that sharing something as sacred and private as this with my parents would ruin any sense of belonging or peace that I had achieved. It was as though sharing this with anyone would make it real, and I wasn't ready to face reality yet. However, keeping such a large secret was taking a toll, and I had never been good at keeping secrets. Eventually, I chose to come out to my two best friends, the only people besides Margo that I had ever been so open and trusting with. They had accepted it right away, barely batting an eyelash. In a way, it comforted me that they didn't treat it as though it was a big deal. My friends then pushed me to tell Margo, reminding me that it wasn't right to avoid her simply because I was scared. While I resented them at the time for pushing me to do something that I didn't want to do, I've learned to appreciate it because they gave me the strength I needed.

When I finally resolved to tell her why I had been avoiding her for so long, I was wracked with worry the entire night before. What would she say? What would she do? Would she reciprocate my feelings? What worried me even more was how much I cared about what she thought. I had never felt so deeply about anyone, and I had only known this girl for a little over a year. When I saw Margo in class the next day, I told her why I had been avoiding her, about my internal battle and ultimately discovering who I was, but I didn't tell her that it was her who had led me to this discovery. Once again, my bravery had given way to the terror of losing her forever, so I rationalized that keeping one little thing to myself wouldn't hurt, and would prevent

me from the inevitable heartbreak that would surely result from confessing my feelings. Like my friends, Margo had also accepted me immediately, smiling almost as she casually mentioned that she was also bisexual. Despite my best efforts, I couldn't help the small seed of hope that sprouted from her words. We silently agreed to put the events of the past weeks behind us. She never asked why I only avoided her during my identity crisis, and I never bothered to tell her.

A year had passed, and Margo and I grew even closer than before. We made each other better in small noticeable ways. Although neither of us had actually defined our relationship, I knew that once both of us were ready we would be able to sit down and have that conversation.

This journey that I have been on — I know it's not over. There are still many chapters left to write and many obstacles left to face. Yet, the entire experience has taught me something. It has taught me that sometimes it's okay if things don't go according to plan. That it's okay if you can't fit yourself into a category because as cliché as it is, everybody is unique and can't be assigned a label. Finally, I've learned that sometimes you have to lose yourself in order to discover who you truly are. I hope that my generation will be accepting, loving, and open so that no child fears who they are or feels the need to hide who they are to avoid disappointing their loved ones. Lastly, I hope that anyone who reads this takes my words to heart and aids the world in entering an era of change so that I am not the only voice among the masses. ♦

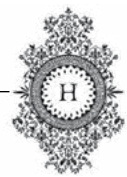
A Guide to Exploring Abandoned Houses

Rishibh Prakash
CREATIVE

A house is a dear, dear thing, young explorer. It sees many lives and deaths. It is filled with the memories of not just people but generations of people. A well-kept house will keep its inhabitants safe and warm, but an abandoned one... Let's just say there are less treacherous things in the world that could just as easily fulfill your foolish "adventurous spirit." Yet, if you are one of the reckless ones who chooses to see these warnings as recommendations, I have some advice that may give you a chance at surviving.



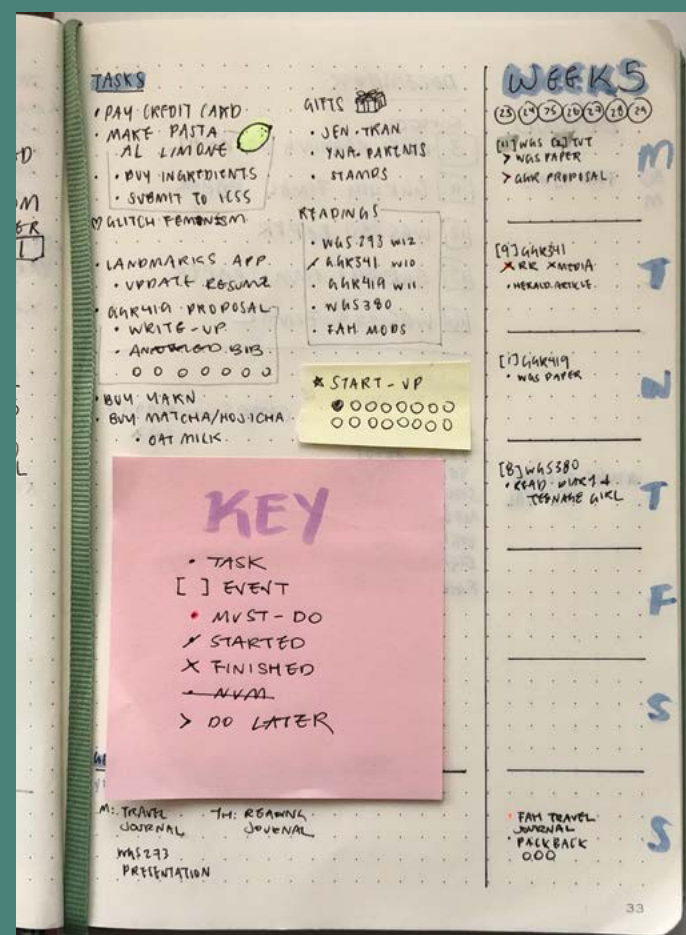
- Wear a mask. You don't want them to see your face.
- Never say your name aloud, and preferably, don't think it. You want to remain unidentified.
- Feel free to take friends with you. There is a supposed safety in numbers after all. Note: avoid taking siblings or other family members.
- Go during the day and leave the premises by 19:37. Few have returned afterwards.
- Take a flower with you. They prefer tulips, but daisies are also fine.
- Leave the flower at the doorstep, and walk away for a few minutes. If the flower is gone upon your return, you may enter. If the flower has turned black, it is too late for you. Unfortunately, you chose the wrong house.
- It will be darker inside than you expect. Candles will prove more effective than torches.
- Knock before entering any room. It will hopefully keep any particularly nasty surprises away.
- NEVER take anything back with you. Tag-alongs are near impossible to remove.
- Bring headphones to listen to music. Otherwise, you might hear things that are best left unheard.
- Learn to distrust your senses in general. Convince yourself it's the wind howling, not a person; a trick of the light, not movement in the darkness; wind brushing past your hand, not fingers. Choose sanity over truth.
- There may be multiple doors leading outside. Ensure you leave through the same door that you entered from.
- If upon exiting your surroundings look the same as before, thank your God(s) for keeping you safe. Walk in a straight line as far and as fast as you can. Never look back, never return.
- Most importantly, trust your instincts. A house that has lost its humans will do anything to get them back and keep them. Anything. ♦



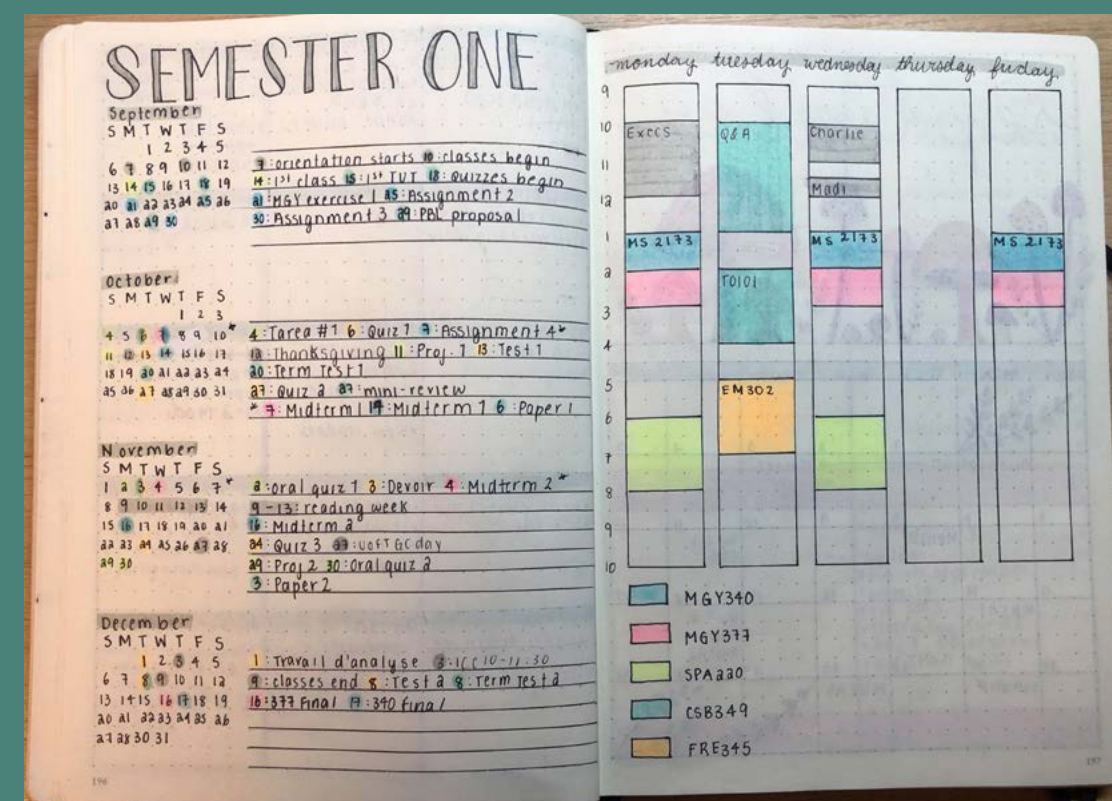
Bullet Journaling Is For Everyone

Sannie Chie
CREATIVE

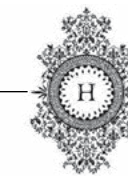
If you look up #bulletjournal on Instagram, you will be flooded by millions of aesthetically pleasing spreads decorated with washi tape, stickers, and pastel highlighters. At first glance, this is an intimidating and seemingly counter-productive method of staying productive; however, the original purpose of a bullet journal as stated by the creator, Ryder Carroll, is simply to be a convenient way to organize schedules, tasks, and thoughts into one journal. To start, I recommend watching his Youtube video showcasing the bare bones bullet journaling method. The key parts of a bullet journal are functional spreads to plan your days, weeks, and months, and unlike pre-dated planners and agendas, you can pause your journaling and restart whenever. The flexibility of the format also means that you can dedicate pages to random lists, brain dumps, and diary entries.



Photos courtesy of Sannie Chie



Since the beginning of my undergrad, I have gone through 3 journals, and I promise you, my best spreads were not the prettiest ones but rather the most utilitarian ones. I started my bullet journal thinking I needed to make all my lines precise, use a Wes Anderson colour palette, and copy the prettiest spread from Tumblr; now, my priority is making my bullet journal a place to organize my brain, not stress it out more. In calmer times, I use my bullet journal as a space to doodle and in stressful times, I use it to keep on track with tasks. As someone who has immense trouble staying focused and productive, the pleasure of crossing off a bullet point on my to-do list keeps me going. There have been times where I'll even put down "wake up" and "brush teeth" as a task for an instant win in the mornings. A bullet journal is anything you need it to be.



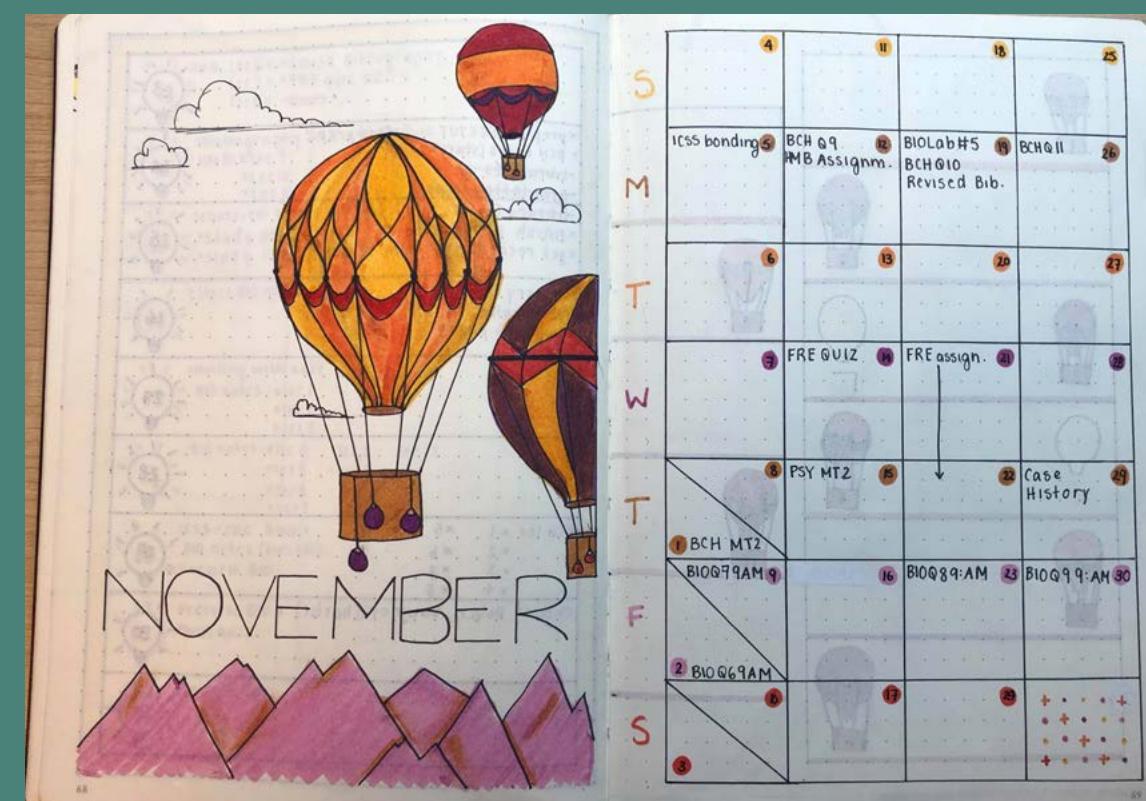
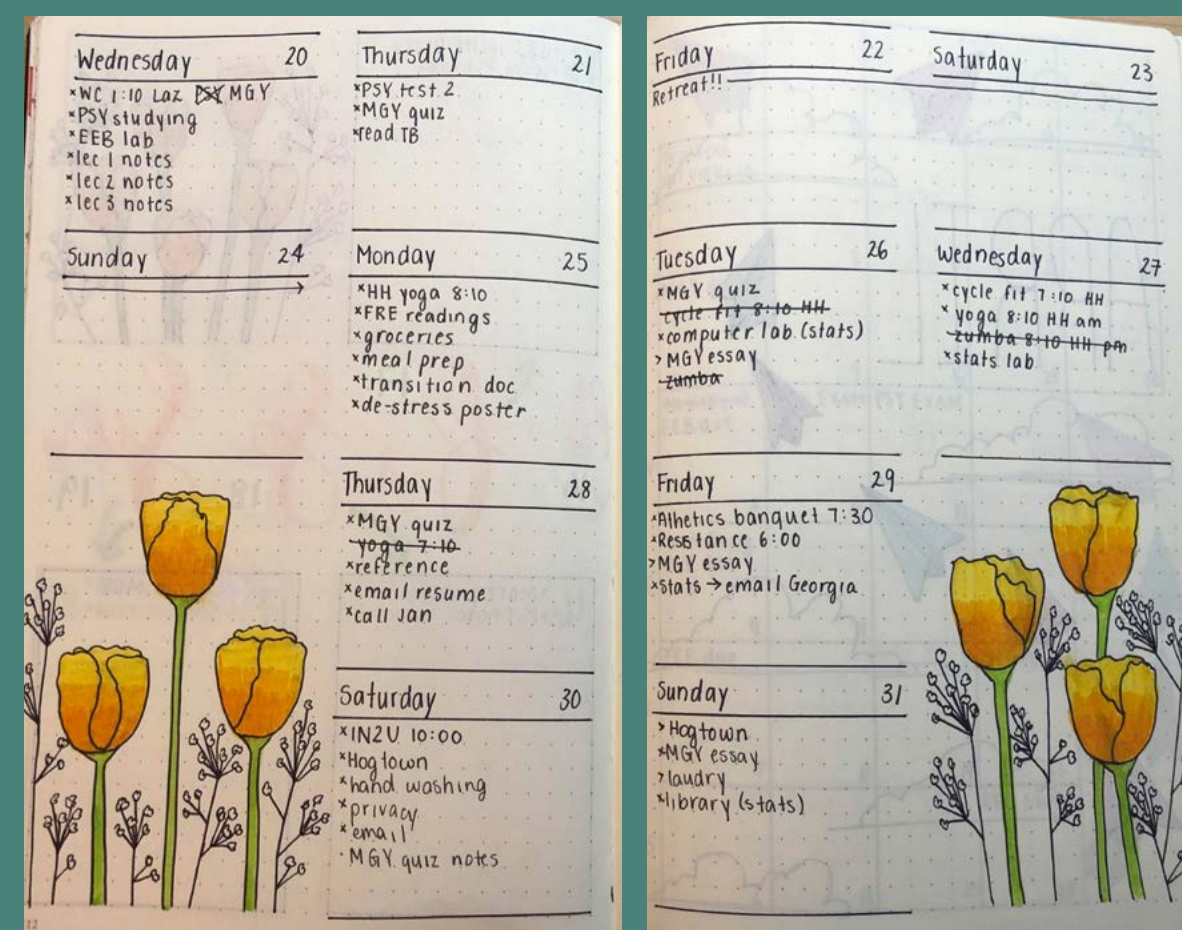
If you're still not convinced bullet journaling is right for you, hear from your fellow Innis students about the different ways they utilize bullet journaling:

"To me, bullet journaling isn't only a way to stay organized but also an artistic outlet. I love the versatility I have in my journal, as it tells the amazing story of my crazy life and thoughts."
— Michela McMurrich,
Off-Campus Rep and Art Club Co-Chair

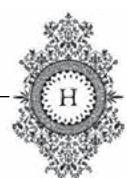


"For me, my journal is very symbolic of my undergraduate career, holding in it all the dates of my exams, class names, homework assignments, ICSS events and meetings, and even plans with friends from my time here. It travelled home with me every weekend that I visited my parents, keeping all the details of my school life that I surely would have forgotten without it. For me, bullet journaling allows me to forget. I don't have to memorize appointments or deadlines, or constantly check syllabi for test dates, and I don't have to worry that there's something I am forgetting to do, as I need only check my journal to have my anxiety calmed. I would recommend journaling to anyone who feels these worries in their life, and I know I will continue journaling after April, although in a new book, to match a new stage in my life."

— Breanna Lima Martinez, ICSS President



Bullet journaling is meant to be adaptable to every routine. What if you don't have the "right" supplies for it? All you really need is a pen and paper. If you don't like carrying a notebook? Do it online. If you don't have time to design spreads? Steal them from the Internet. If you don't think you have artistic capabilities? Make it ugly. There is no right or wrong way to use one as long as it improves your life in some capacity. ♦



Spirit of the North: An Art Comparison of Algonquin Park Landscapes

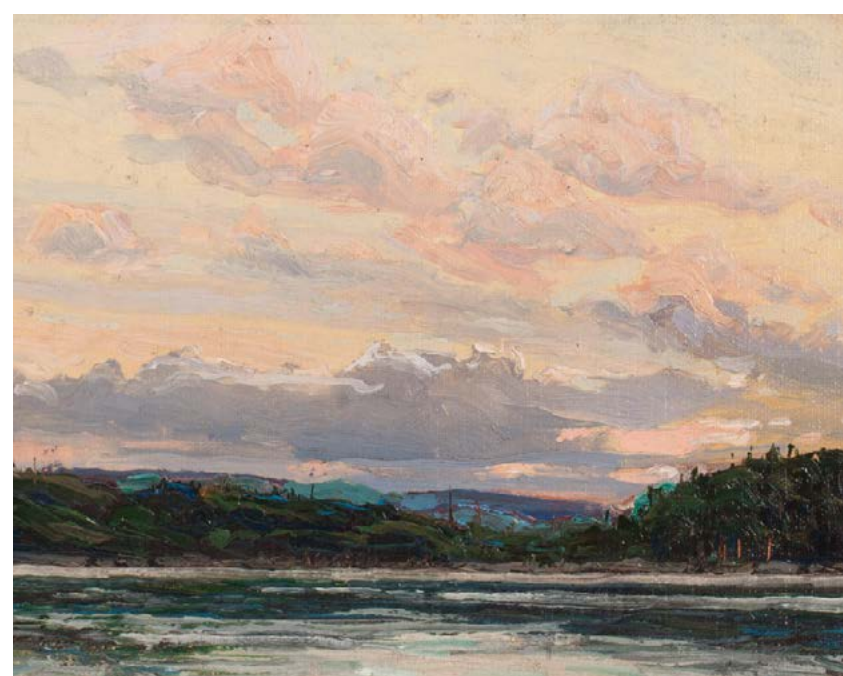
Hayley Vlcek
PHOTO ESSAY

The Canadian wilderness is masked to many of us by the bustling urban oases that dot the country's great expanse. However, the natural world calls to many of us, beckoning with its mesmerizing landscapes — in its dynamic existence we can always find inspiration.

Gazing upon the northern wilderness of Ontario leaves one captivated. Natural phenomena will never cease to fill us with wonder; the awe-inspiring emotion remains immutable with respect to the passing of time. The story of the land and the emotions it elicits have been expressed by individuals throughout history, whether captured in broad brushstrokes of oil paints or with the lens of a modern camera.

In 2017, Algonquin Park staff celebrated the 100th anniversary of Tom Thomson's death. Tom Thomson was a Canadian artist who sought to capture the spirit of Northern Ontario in his artwork. As a park inhabitant during the early 20th century, Thomson painted the natural world around him, imprinting the spirit of the northland on canvas.

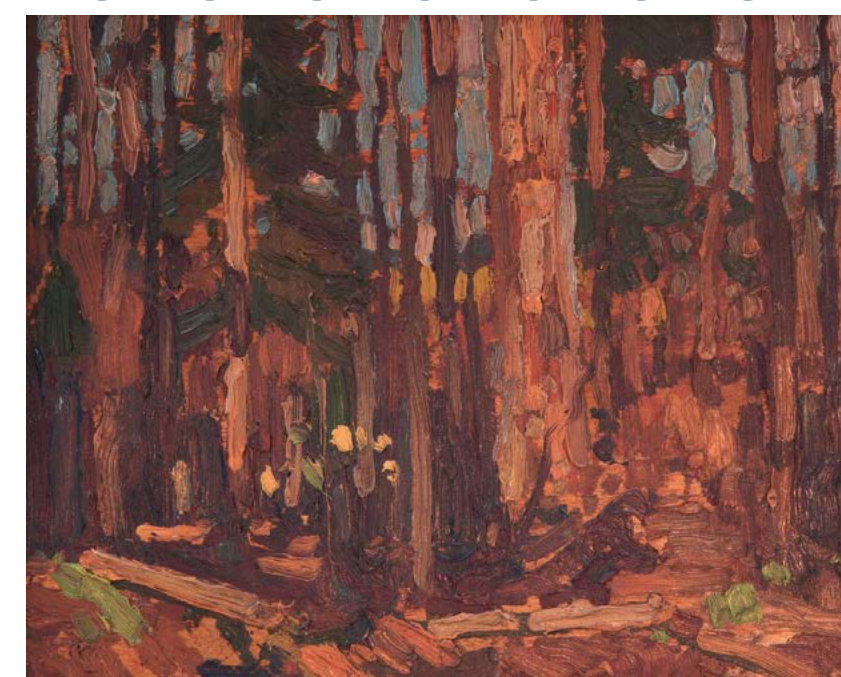
Reflecting on my own time and work in Algonquin Park, I realized that much of my own photography mirrored similar landscapes and evoked, in myself, many of the same feelings and emotions as Thomson's paintings. Where there were once saplings now stand trees, but the spirit and allure of nature endure. ♦



Tom Thomson, 1913, Tom Thomson Memorial Art Gallery, Owen Sound



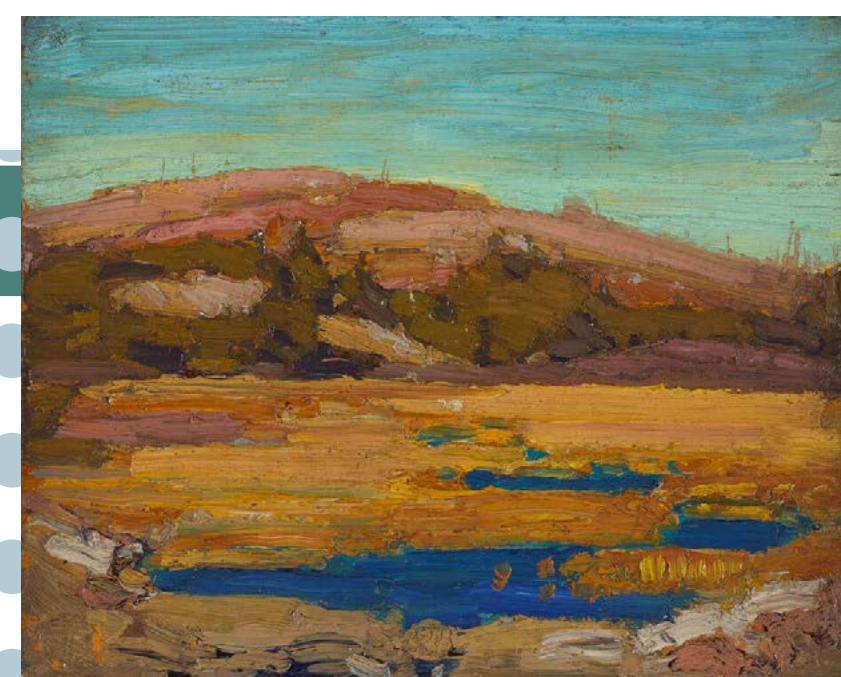
Hayley Vlcek, Spring 2019, Algonquin Park



Tom Thomson, 1914, Art Gallery of Windsor



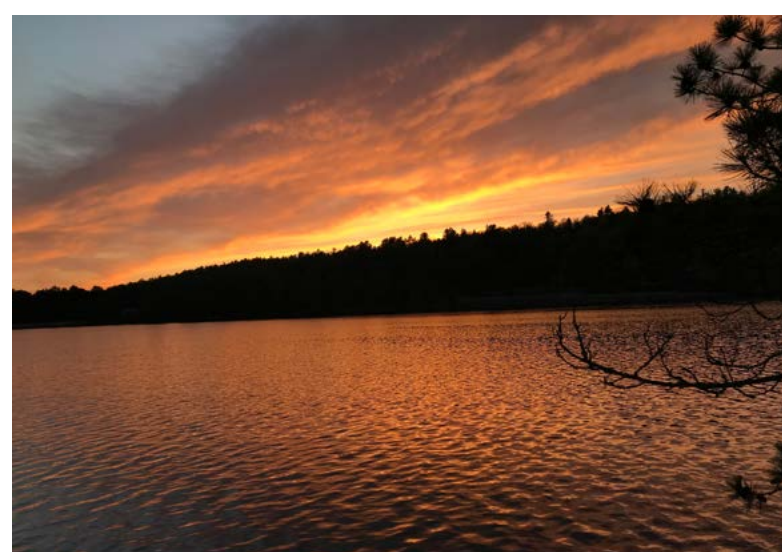
Hayley Vlcek, Summer 2019, Algonquin Park



Tom Thomson, 1914, Art Gallery of Windsor



Hayley Vlcek, Spring 2019, Algonquin Park



Hayley Vlcek, Spring 2019, Algonquin Park



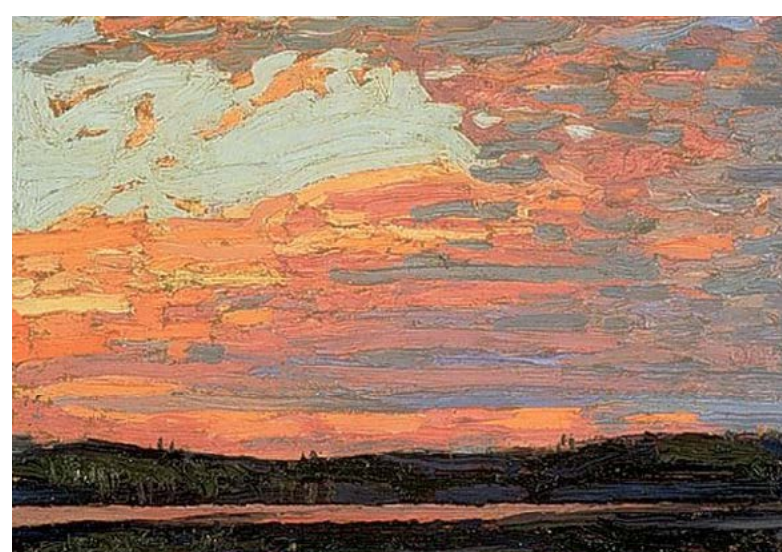
Tom Thomson, Fall 1914, National Gallery of Canada, Ottawa



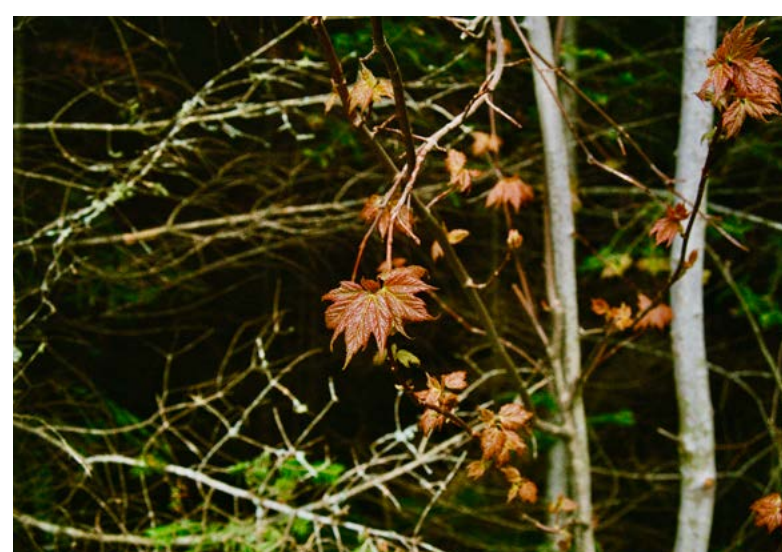
Hayley Vlcek, May 2019, Algonquin Park



Tom Thomson, Fall 1916, National Gallery of Canada, Ottawa

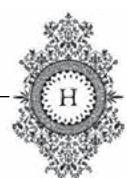


Tom Thomson, Spring 1915, National Gallery of Canada, Ottawa



Hayley Vlcek, Spring 2019, Peck Lake, Algonquin Park

LANDSCAPES



Time

Cynthia Zheng
POEM

*Perspectives can change, and so can time.
Dear reader, my question to you is this: what
is your perspective of time?
Please feel free to fill in the blanks of the poem
with your local time.*

It is ____ AM...
and what a comforting time it is
to sit with the silence
to watch the purple blue sky
to be awake at this time

when the sun begins to rise
when the moon has yet to hide
when the stars have continued to dance
when the city begins to wake up from a
deep somber.

It is ____ AM...
and what a wondrous time it is
to hum along with the hummingbirds
to watch the cobalt blue sky
to be awake at this time

when the sun begins to embrace the sky
when the moon has started to hide
(though peeking out at times)
when the stars have almost completed
their dance.

It is ____ AM...
and what a buzzing time it is
to listen to the songs of the morning
to watch the bright blue sky
to be awake at this time

when the sun beams with delight
when the moon is nowhere near sight
(though peeking out at times)
when the stars bow down to express
their thanks
when the noise outside gets louder than
the inside.

And so it goes,
hour after hour,
time after time,
it soon becomes

____ PM...
and what a fascinating time it is
to sit with the nightlight
to watch the indigo blue sky
to be awake at this time

when the sun begins to set
when the moon has come back
into view (a lot of the times)
when the stars get ready for their
dance.

It is ____ PM...
and what a comforting thought
it is
to know that the moon will
shine
to know that the stars will dance
even when you can't see them.

To know that it is okay to not
know all the answers
to know that the sun will rise
to know that you can try again. ♦

Photo courtesy of Cynthia Zheng

PERSPECTIVE

Photo courtesy of Jasmine Kara



Holiday Chocolate Bark

Jasmine Kara
RECIPE

No, this isn't a recipe for tree bark. It's chocolate bark! Treat your sugar craving this season with this delicious chocolate recipe. This chocolate bark only requires two ingredients! It's quick and easy and can be made during your study break this December. You can also easily distribute it to your friends and family as a gift. ♦

Ingredients

- 2 cups of semi-sweet chocolate (dark, milk or white)
- Your choice of nuts, raisins, crushed candy cane, pretzels

Preparation

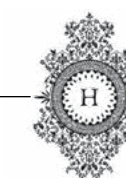
- A cookie sheet pan
- A bowl
- A microwave
- And patience

Directions

- Melt the chocolate in a bowl
- Pour the chocolate onto the cookie sheet pan
- Place your choice of nuts, raisins, crushed candy cane, or pretzels onto the chocolate
- Allow for the chocolate to cool (room temperature) for 24 hours

EXTRA-NESS

- Melt white chocolate separately to marleize with the dark chocolate
- Package the chocolate bark and make gifts for friends or family



My Secret Recipe: Beef Stew with Tomatoes

(WITH VEGAN OPTIONS)

Tony Niu
RECIPE

The long and cold winter days are coming up; what warms you up better than a bowl of delicious beef stew with tomatoes? How about TWO bowls of this amazing stew!?

I created this recipe a couple of years ago and have only made it a few times for the people who are the closest to me. Today, I'm ready to share it with you after years of fine-tuning the ingredients and steps! This stew combines the mouthwatering fragrance of the fatty beef, the appetizing taste of tomatoes, as well as some mild heat from freshly cut gingers. This stew is so versatile that you could literally have it with anything from a bowl of rice, some noodles, or even a couple of slices of freshly toasted garlic bread. You could also substitute the beef into some silky tofu and make it completely vegan! Versatile, amirite? ♦



Photos courtesy of Tony Niu

Ingredients (Stew)

- 3 medium-sized Yukon potatoes
- 5 pieces of celery hearts
- 2 medium-sized carrots
- 2 large tomatoes (or 3 small tomatoes)
- 2.5 lbs of beef, I used fresh chuck ribs, but as long as your beef is nicely marbled with fat, your stew is going to taste like heaven (The beef could be substituted with silky tofu with a shorter cooking time)
- 2 thumb-sized pieces of fresh ginger
- ½ of a medium-sized white onion
- 2 chilli peppers (depends on personal preference)
- 3 tbsp of oil

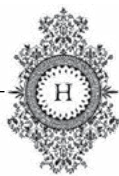
Secret Purée Preparation

- 3 tbsp of light soy sauce (for flavour)
- 3 tbsp of dark soy sauce (for colour)
- 2 tbsp of oyster sauce
- 1 tbsp of pepper oil
- 2 tbsp of Chinese five-spice powder
- 4 tsp of salt
- 3 tsp of grounded black pepper
- Optional: 3 bay leaves, 3 pieces of star anise, 1 cinnamon stick
- Chop up ¼ of an onion (save the other half for later), 1 chilli pepper, 1 thumb-sized, peeled ginger, and ½ of a tomato.
- Put everything in the secret puree ingredients, and all your chopped-up veggies above, into a blender. Finely blend for about a minute to get everything crushed and mixed together.
- Put this in a bowl or a container, we'll use it later.

Directions

- Wash, peel, and chop up all potatoes, celery hearts and carrots, as well as 1 tomato into bite-sized pieces (about 1-inch cubes).
- Chop up the beef (or tofu) into 2 inch-cubed pieces, and boil 1.7 litres of water.
- Chop up the remainder of the onion, 1 chilli pepper and 1 thumb-sized ginger into small pieces. Put these in a small bowl.
- Heat up your pot. Then add 3 tbsp of oil.
- Put the small bowl of ingredients from step 3 into the hot oil, and stir fry until you could smell the fragrance (for about 1 minute).
- Put in the beef, and stir fry until the outsides of the beef are lightly charred (for about 5 minutes).
- Add the secret puree from above, mix well, and stir fry until the puree starts to boil.
- Add the boiling water from step 2.
- Keep the pot boiling on high heat for 10 mins. Then cover and turn to medium-low heat (while maintaining a light boil) for about 1.5 hours.
- Blend the remainder of the tomatoes (should be ½ left from before).
- Add all the chopped-up veggies from step 1 and the tomato puree from step 10 into the pot, turn on high heat, and boil for 10 minutes. Taste the stew, and add salt if you want more. Then cover, and turn to medium-low heat again for about 50 mins.





2020 BINGO

Courtesy of the Innis Herald

Pulled an all-nighter	Eaten at Innis cafe	Went to events just for the free food	Attended class without leaving bed	Miss being on campus :(
Been told Innis is not real	Picked Innis only for the apartment-style residence	Are wholesome :)	Attended CINSSU movie events	Taken an INI course
Own U of T merch	Still remember the orientation chants	FREE SPACE	Chose Innis for the "small community"	Been to the outdoor patio above innis cafe
Ate at the brown food truck	Met Principal Keil	Lived on residence	Own innis merch	Told someone innis is not real
Had a class in Con Hall	Takes pictures of the CN Tower while on campus	Taken advantage of those metro student discounts	Still don't know anyone from innis	Has read an entire edition of the Herald
Reading week didn't even feel like a break	Downloaded a new video game to pass time	Spent half of a day on Tik Tok and then regretted it	Really want to go out and meet with friends again	Still haven't made a single new friend at uni
Spend the majority of the day on a device	Taken mental health breaks when you needed to	Excited for Christmas and winter break	Slept for half the day	Played Among Us
Thinks quarantine in summer was easier to deal with than now	Sleeps before 12am	FREE SPACE	Hates online classes	Online shopping has taken over your life
Picked up a new hobby since quarantine started	Haven't seen some friends since March	Cooked yourself something nice	Decided to binge a new show instead of watching lectures	Don't turn on your camera in class
Stressed out over the presidential election	Everyday feels both really long and also too short	Uses online pdfs for textbooks	Liked quarantine when it started but not anymore	Still not used to online school

MEMES

Courtesy of Neruka Joseph

Me thinking about all the things I'll miss out on as a first-year student in 2020

Me after joining the Innis community, meeting all the amazing, friendly people, and seeing how much effort was put into the virtual orientation

The Innis Herald has given a voice to the students of Innis College and the University of Toronto since 1965. We circulate 1000 copies of our paper to Innis students, alumni, faculty, and anyone else who happens to come across it.

We are committed to covering stories that matter to students. Our content aims to help students connect to their college, campus, city, and world.

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